



# WASHINGTON STATE CRIMINAL JUSTICE TRAINING COMMISSION

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## **CORRECTIONS DIVISION PHYSICAL ABILITY TEST GUIDELINES** **Corrections Officers Academy (COA)**

In order to comply with WAC 139-10-212 "Physical Requirements for Admission to Basic Correction Academies," Academy applicants are required to demonstrate a requisite level of fitness for training purposes prior to entrance.

### **WAC 139-10-212 Physical Requirements for Admission to Basic Correction Academies**

"Each successful applicant for admission to a basic corrections officer academy sponsored or conducted by the Washington State Criminal Justice Training Commission shall possess good health and physical capability to actively participate in defensive tactics training and other required physical activities.

In order to minimize the risk of injury and maximize the benefit of such participation...shall, as precondition of his or her academy attendance, demonstrate a requisite level of physical fitness, as described by the Training Commission.

For this purpose, each academy applicant shall be evaluated in the assessment areas of aerobic capacity, strength, and flexibility, in accordance with the requirements and procedures established by the Training Commission...failure to demonstrate a requisite level of fitness within each assessment area will result in ineligibility for academy admission and/or attendance."

Studies conducted by the Criminal Justice Training Commission concluded that a more physically fit student not only does better in Defensive Tactics training, but also is less likely to be injured during academy training activities. The Corrections Division P.A.T. measures aerobic capacity, strength, and flexibility using three events: push-up, sit-up, and a 1.5-mile run.

## PHYSICAL TRAINING COMPONENTS

- Each student will be actively involved in acquiring skills necessary to execute techniques used to restrain aggressive individuals. Various training activities will include, but not be limited to: Bending, reaching, crouching and/or crawling in the application of mechanical restraints or under and over bunks and other furniture while conducting a cell search or vehicle search.
- Defensive Tactics Training requiring each participant to apply techniques used to control and/or restrain aggressive individuals. As a training partner, participants will also be required to have techniques applied to them. Various techniques will include but not be limited to:
  - Restraining hostile individuals and maneuvering them to the floor or to the wall,
  - Compression or extension of the wrist and forearm to incur pain compliance,
  - Being taken to the gymnasium floor by the arm and handcuffed behind the back,
  - Taking others to the ground by the arm and handcuffing them behind the back,
  - Kicking, punching, elbowing striking, knee striking, and palm heel striking a heavy bag,
  - Flexion and extension of the back and spine,
  - Defensive Tactics training for up to 4-8 hours at one time.
- These techniques will be applied and experienced repeatedly over several hours a day on numerous days during the training. These actions will place repeated stress on the joints and muscles of the abdomen, back, neck, knees, shoulders, wrists, and elbows. Participants will sustain moderate to high impact on all parts of the body, specifically the chest, abdomen, obliques, and upper/lower back.
- These techniques, if properly applied, are designed to ensure the safety of the student who is free from health problems or physical limitations.

## PROTOCOL

\*The test is conducted in sequence as, #1 Push-up, #2 Sit-up, #3 1.5 Mile Run.

**PUSH-UP:** Measures the muscular strength/endurance of the upper body, particularly the shoulders, chest, and triceps (back of upper arm) used in high intensity defensive tactics training and application. This is a critical component of the proper use of force involving pushing, grabbing, and breaking one's fall to the ground, as well as getting back up off the ground.

**SIT-UP:** Measures the muscular strength, endurance, and flexibility of the torso muscles of the abdomen. The torso muscles are some of the most used muscles in the body. They bend and twist the torso and generate power in many of the control tactics taught at the academy, as well as performing other activities that involve the use of force. These muscles are also important for maintaining good posture and minimizing lower back problems.

**1.5 MILE RUN:** Measures cardio-respiratory endurance or the aerobic capacity needed in extended control and prolonged defensive tactics training. This is important for performing activities involving stamina and endurance such as prolonged use of force events, rigorous and continuous training classes 4-8 hours in length, and minimizing the risk of cardiovascular health problems.

## **SCORING**

In order to pass the P.A.T., the participant must earn 120 points from three events. The participant can score only the number of points listed in the range for each event. The participant earns “0” points if they do less than the minimum number of repetitions for the event. The participant does not earn more points if they do more than the maximum number of repetitions for the event.

**It is not mathematically possible to earn 120 points and pass the test if the participant fails any one of the events.**

## **EVENT POINTS**

**PLEASE NOTE:** The participant has one minute to do as many correct sit-ups as possible.

**Push-ups:** “0” points for 14 or fewer repetitions, 39.48 points for 15 repetitions, maximum of 60.53 points for 23 or more repetitions.

**Sit-ups:** “0” points for 11 or fewer repetitions, 32.04 points for 12 repetitions, maximum of 48.06 points for 18 or more repetitions.

**Run:** “0” points for running 18:17 or more, maximum of 50 points for 16:17 or less.

	1.5 M Run Scoring Matrix				1/2 point per second			50 point maximum			
		Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
Push-ups	Scoring	18:17	0	17:53	12	17:29	24	17:05	36	16:41	48
# of Reps	Points	:16	.05	:52	12.5	:28	24.5	:04	36.5	:40	48.5
23	➤ 60.53	:15	1	:51	13	:27	25	:03	37	:39	❖ 49
22	57.9	:14	1.5	:50	13.5	:26	25.5	:02	37.5	:38	49.5
21	55.27	:13	2	:49	14	:25	26	:01	38	:37	50
20	52.64	:12	2.5	:48	14.5	:24	26.5	17:00	38.5	:36	50
19	50	:11	3	:47	15	:23	27	16:59	39	:35	50
18	47.38	:10	3.5	:46	15.5	:22	27.5	:58	39.5	:34	50
17	44.74	:09	4	:45	16	:21	28	:57	40	:33	50
16	42.11	:08	4.5	:44	16.5	:20	28.5	:56	40.5	:32	50
15	❖ 39.48	:07	5	:43	17	:19	29	:55	41	:31	50
		:06	5.5	:42	17.5	:18	29.5	:54	41.5	:30	50
		:05	6	:41	18	17:17	30	:53	42	:29	50
		:04	6.5	:40	18.5	:16	30.5	:52	42.5	:28	50
		:03	7	:39	19	:15	31	:51	43	:27	50
Sit-ups	Scoring	:02	7.5	:38	19.5	:14	31.5	:50	43.5	:26	50
# of Reps	Points	:01	8	:37	20	:13	32	:49	44	:25	50
18	➤ 48.06	18:00	8.5	:36	20.5	:12	32.5	:48	44.5	:24	50
17	45.39	17:59	9	:35	21	:11	33	:47	45	:23	50
16	42.74	:58	9.5	:34	21.5	:10	33.5	:46	45.5	:22	50
15	40	:57	10	:33	22	:09	34	:45	46	:21	50
14	37.38	:56	10.5	:32	22.5	:08	34.5	:44	46.5	:20	50
13	34.71	:55	11	:31	23	:07	35	:43	47	:19	50
12	❖ 32.04	17:54	➤ 11.5	17:30	23.5	17:06	35.5	16:42	47.5	:18	50
										16:17	50

## Test Events

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### 1.5 Mile Run

This test is a measure of cardio-respiratory endurance or the aerobic capacity used in extended control and prolonged defensive tactics training. This is important for performing tasks involving stamina and endurance, e.g., prolonged performance techniques in 4-8 hour use of force training sessions and minimizing the risk of cardiovascular health problems.

The run is conducted on the C.J.T.C. track or a designated and measured course at regional academies.

### Push-up

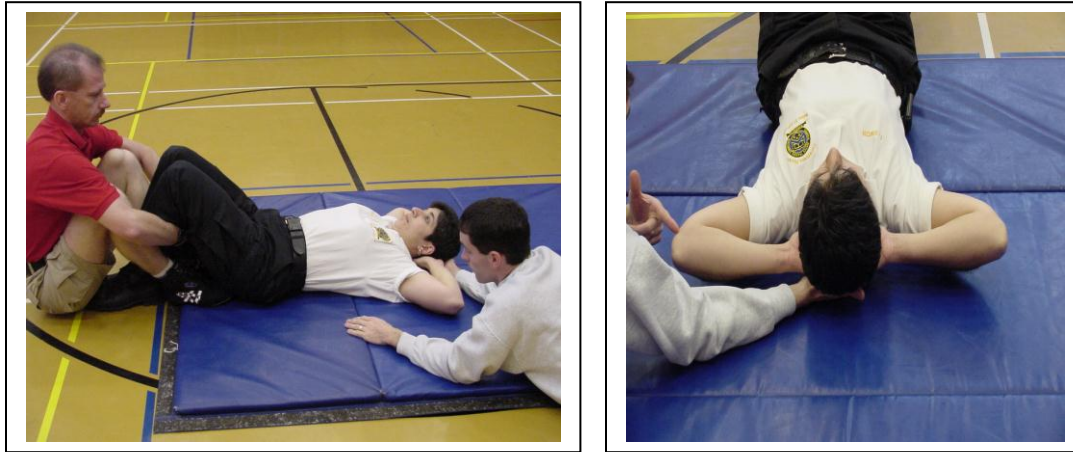
This test is used to measure the muscular strength/endurance of the upper body, particularly the shoulders, chest, and triceps (back of upper arm) used in high intensity defensive tactics training and application. This is a critical component of use of force involving pushing, grabbing, and breaking one's fall to the ground, as well as getting back up off the ground.



The push-up is conducted with the participant starting in the up position. A rater lies facing the participant with a four-inch cube placed under the participant's chest. The count begins when the participant's arms are bent in a 90-degree bend at the elbow measured from the outside of the arm, upper arms are horizontal to the mat and finishes when the participant returns to the up position with the elbows fully extended. A correct pushup is performed when the participant's back is flat (NO arch or bow), the feet are together (one foot can be placed on the heel of the other or up to 1 foot apart), and the hands are shoulder width apart. Rest can only be done in the up position.

## Sit-up

This test is used to measure the muscular strength, endurance, and flexibility of the abdominal muscles. These torso muscles are some of the most used muscles in the body. They bend and twist the torso and generate power used in many of the control tactics taught at the academy. These muscles are also important for maintaining good posture and minimizing lower back problems.



The sit-up is conducted with the participant lying on their back with knees bent to a 90-degree angle and the heels of their feet on the perimeter of a padded floor mat. A Spotter straddles the participant's feet holding the knees tightly, and a Counter kneels behind the participant with a hand placed beneath the participant's head.

The participant has a choice of two positions for their hands on the head:

- 1) Position 1: hands behind the head and the fingers laced. The fingers **MUST** stay laced behind the head for the repetition to count.
- 2) Position 2: hands are cupped over the ears along side the head. Again, the hands **MUST** stay cupped over the ears for the repetition to count.



One full repetition starts with the back on the mat. The participant then comes forward all the way to touch their knees with their elbow. Then come back down to the mat so that their head touches the counter's hand. Rest can only be done in the up position.

Once in position, the participant has one minute to do as many correct sit-ups as they can do.

### How to Prepare for the Fitness Ability Test

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Before beginning a physical exercise program it is strongly recommended that the individual be cleared by a doctor to undertake such a program. Individuals 40 years of age or older should not begin a program until they have been cleared by a doctor.

The following program is progressive to allow the body time to adapt and build up. Applicants can do a self-evaluation as noted below to determine where their fitness levels are and begin a regimen to help them safely meet the standards.

Delayed muscle soreness (24-48 hours post exercise) may occur as a result of any new exercise program. This soreness should only be mild in nature and should dissipate prior to the next scheduled exercise session.

If significant or severe soreness exists, the subject exercised too hard and therefore should not perform any exercise (other than stretching) that stresses the affected area until all soreness has disappeared completely.

Remember, this program is designed to build a person up, not tear him/her down. Subjects should pay close attention to their body for any indication of injury or over-use.

### **1. Conditioning Program for the Push-up Test**

Determine exercise level by measuring how many pushups the subject can complete in 60 seconds.

- When performing pushups, be sure the subject continues until muscular failure occurs in the straight-knee position and then continues until failure occurs in the bent-knee position.
- If the total number is 15 or less, begin at level A.
- If the subject's total number is greater than 15, begin at level B.

Subject should work toward reaching level C below.

- Level A—1 set 3 times a week for 1 week
- Level B—2 sets 3 times a week for 2 weeks
- Level C—3 sets 3 times a week until testing

### **2. Conditioning Program for the One-Minute Sit-up Test**

Determine exercise level by measuring how many sit-ups the subject can complete in 60 seconds.

- If the subject's total number is 15 or less, begin at level A.
- If the subject's total number is greater than 15, begin at level B.

Subject should work toward reaching level C below.

- Level A—1 set 3 times a week for 1 week
- Level B—2 sets 3 times a week for 2 weeks
- Level C—3 sets 3 times a week until testing
- When training for sit-ups, be sure the subject continues until muscular failure occurs and then continues with his/her hands by the hips until muscular failure occurs again.

### **3. Conditioning for the 1.5 Mile Run**

- Listed below is a very gradual training schedule that will allow the subject to work at maximum effort in the 1.5 mile run.
- Generally, it is recommended that the subject reach a training distance that is twice the testing level.
- Subjects should continue to increase speed and decrease time for completion of a 3-mile jog 3 times per week with a maximal speed 1.5 mile run 1 day per week.
- If the subject is able to adapt and advance more quickly than the schedule recommends, he/she should do so. However, be sure that the exercise program does not cause any undue muscle soreness or strain.



WEEK	ACTIVITY	DISTANCE	TIME (MIN.)	FREQUENCY
1	walk	1 mile	20-17	5/week
2	walk	1.5 miles	29-25	5/week
3	walk	2 miles	35-32	5/week
4	walk	2 miles	30-28	5/week
5	walk/jog	2 miles	27	5/week
6	walk/jog	2 miles	26	5/week
7	walk/jog	2 miles	25	5/week
8	walk/jog	2 miles	24	4/week
9	jog	2 miles	23	4/week
10	jog	2 miles	22	4/week
11	jog	2 miles	21	4/week
12	jog	2 miles	20	4/week
13	jog	2.25 miles	22-23	4/week
14	jog	2.5 miles	24-25	4/week
15	jog	2.75 miles	26-27	3-4/week
16	jog	3 miles	28-30	3-4/week